Abstract of the Disclosure

A heart-rate variability analysis apparatus comprises an electrocardiogram information detecting unit, heart-rate signal calculating unit, breathing signal calculating unit, and heart-rate-variability information providing unit. Of these, the electrocardiogram information detecting unit detects electrocardiogram information about an object to be diagnosed. The heart-rate signal calculating unit calculates a heart rate signal indicative of a heart rate of the object from the electrocardiogram information. The breathing signal calculating unit calculates, from the heart rate signal, a breathing signal in which a breathing state of the object is reflected. The heart-rate-variability information providing unit provides variability information of the heart rate of the object in which the breathing state of the object is reflected, on the basis of both of the heart rate signal and the breathing signal. Thus, the heart-rate fluctuations can be measure with higher-precision.